

diALOG



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Guys pick-up tips ^{p.11}

Cold & Flu prevention ^{p.9}

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c/o Textiles Human Resources Council

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E-mail: david.kelly.thrc@sympatico.ca and

shirley.mckey.thrc@sympatico.ca

Web site: www3.sympatico.ca/thrc

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Textiles
Human
Resources
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Conseil des
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Breakfast until 4:00 pm	



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brown, GEORGE

Hurricane Mitch Relief Fundraising at GBC



a committee of students has raised over \$2,000 for the survivors of Hurricane Mitch in a week of activities that involved the Student Associations, Women's Centers, Get Back Jack's, and the Super Pub held on Thursday, November 19. The Hurricane, which hit Central America earlier this month, killed thousands of people, left up to a million homeless and destroyed all economic development. Analysts estimate that it may take up to forty years for the country's worst hit to return to the level of economic development that existed less than three weeks ago. Various non-profit organizations internationally are making efforts to raise money to provide food, clean drinking water, medicine, clothing, and housing for the survivors. Anyone wanting more information can contact Jerome Adamo in the Student Association office at 415-2900 ext. 8322. You can still make a donation directly to Oxfam, by calling 1-800-466-9326.



A View from the Castle

by Charmaine Mayes

The view from the castle is hazy this month. Barely able to open our bloodshot eyes, we drag our caffeine-riddled carcasses from school to home and back again. Those of us who do not arrive before sunrise, and remain after dark, still don't have time to stop and admire the beauty of the fall season up here in the Annex. It wasn't until I moved to Toronto that I understood the symbolism of the red Maple leaf on the Canadian Flag.

Essentially, we are tired. Like every other student on every other campus, we're tired. On all student agendas for the last week before Inter-session, were Midterms. Exams, exams, and more exams, with maybe the occasional essay thrown in for variety. The hallways, libraries, and classrooms were full of the studious, the sluggish, and the snoring.

We have, however, taken some time to stop and smell the Molson's Canadian. The Technology Students Representative Council had their annual Oktoberfest on October 14th, providing food, drink, prizes and entertainment, for all who dared to drop by and check it out.

Not to mention our biweekly pups in our newly renovated Student Lounge. The work on the lounge was started over the summer, and it is really starting to look spiffy. Kudos go to Garry Brisbois and Wayne Poirier for all their hard work on Casa Loma beautification.

It seems that the Student Lounge was not the only area of Casa Loma campus to receive a makeover this summer. The

Information Technology Department has two new computer labs, and 84 brand new Dell computers to fill them with. We now have a new auditorium on the second floor, a much needed renovation in C406, and an on-line testing lab across the hall from the Casa Loma Open Access Lab. And, in an effort to make it a more appetizing place to eat, the college had an aspiring young bohemian artist paint some rather colourful mural on our cafeteria walls.

While we're on the subject of the cafeteria, let's applaud the arrival of Pizza Pizza to our humble eatery. And, hats off to the cafeteria staff for doing a bang up job of keeping the eating area much cleaner. Now, fellow students, let's see if we can do our part to make their job a little easier, and start cleaning up after ourselves more often. It only takes a moment to throw your trash in the trashcan.

In addition to a change in the scenery, there's also been a slight change in personnel. In addition to her duties as the Chair for Information Technology, Hilde Zimmer now takes on the responsibility of being the Chair for Interdisciplinary Studies. That's for every student at Casa Loma. And you thought you had a lot of homework.

The 2nd Year Information Technology Students are buzzing this November. They're preparing their resumes for the upcoming Career Opportunities Fair, scheduled to take place in the Casa Loma Student Lounge on Dec. 3rd. They organized this all by themselves, with a little help from the Student Affairs

counsellors, so let's wish them all good luck, and happy career hunting.

The halls are quiet now. The midterm marks are in, so you can spot the occasional student wandering the halls, head in his hands, and moaning, as one in pain would do. Or some wander aimlessly, not sure of their names when you ask them. Shell shock. Hah! First Years. They'll get used to it. All the Second Years sit around on benches, or in the lounge, telling war stories about last year's exams, and every story begins with, "You guys got it easy. When we did our midterm..." Veterans, with GPAs instead of Purple Hearts.

Yes the halls are quiet now, but not for long. We'll finish up in December, and take our much earned break. Then we'll be back, all of us, the bold and the beautiful, to give the school another crack at us.

Food Banks Hours until December 18

St James

Phone 415-2900 #89001

Tuesday

12 Noon to 5:30 p.m.

Thursday

12:30 p.m. to 5 p.m.

Nightingale

Phone 415-2900 #89002

Monday

1:00 p.m. to 6:00 p.m.

Thursday

10:00 a.m. to 1:30 p.m.

Casa Loma

Phone 415-2900 #89003

Monday

1:00 p.m. to 4:00 p.m.

Tuesday

2:30 p.m. to 4:30 p.m.

Wednesday

9:00 a.m. to 12 Noon

Thursday

2:30 p.m. to 4:30 p.m.

Friday

9:00 a.m. to 12 Noon

Jewellery Arts Department

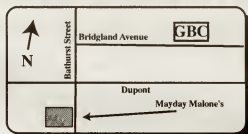
did you know that Casa Loma campus offers a three-year Jewellery Arts (Goldsmithing) Program? Students design and craft exciting, innovative, unusual jewellery and objects in copper, brass, silver, and gold. The Jewellery Arts students would like to invite you to their Jewellery SALE. Come and join us on Thursday, December 3, at Casa Loma campus, room C433, Building C between 11 a.m. and 7:30 p.m. Shop for innovative, one of a kind jewellery and Christmas ornament while you enjoy a glass of hot cider and take a chance on a door prize.

The course includes a Jewellery repair service that is available to the public at a modest fee. Repairs may be brought in from Tuesdays to Thursday, 10 a.m. to 12:30 p.m. to room C520, Building C. Ask for Beata, the Jewellery Arts Technician.

Mayday Malone's

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Wednesday

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Thursday

1/2 PRICE NACHOS

Saturday

1/2 PRICE PIZZA



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Contributors

Winter Orientation '99

Join us for the fun as the new year begins

Tuesday, January 12 at Nightingale

- Open House in Student Association office, 10 a.m. to 3 p.m.
- Band (TBA) in the cafeteria, 12 noon to 1 p.m.
- Pub in the cafeteria, 1 p.m. to 5 p.m.

Wednesday, January 13 at Casa Loma

- Open House in Student Association office, 10 a.m. to 3 p.m.
- Band (TBA) in Student Lounge, 12 noon to 1 p.m.
- Pub in Student Lounge, 1 p.m. to 5 p.m.

Thursday, January 14 at St. James / Hospitality

- Open House in Student Association office, 10 a.m. to 3 p.m.
- Band (TBA) in the cafeteria, 2 p.m. to 3 p.m.
- Pub in Student Lounge, 3 p.m. to 8 p.m.

Wednesday, January 20 at All Campuses

- "Bus Trip to Anywhere", leaving at 6 p.m. from Casa Loma, Hospitality and St. James, with a stop at Nightingale!

Thursday, January 21 at St James / Hospitality

- Gong Show at Pub in Student Center, 3 p.m. to 8 p.m.

Wednesday, January 27 at Casa Loma

- Game Olympics at Pub in Student Lounge, 1 p.m. to 5 p.m.

Thursday, January 28 at St James / Hospitality

- DJ Spin Off at Pub in Student Center, 3 p.m. to 8 p.m.

Student Association
-OF GEORGE BROWN COLLEGE-

Check out the activities and find out what WE do for YOU!
brought to you by your student association

Frostie says it's
"more fun than a
corn cob pipe!"



Dialog is a Member of the Canadian University Press (CUP). Contributions to Dialog are always gratefully accepted. Written work can be hand-written or in plain text (TXT). Images should be on Mac platform in EPS format (please specify if created in Photoshop or Illustrator). It is requested that you submit a hard copy of your work with the disk. Opinions expressed in Dialog are not necessarily those of the Dialog Collective, the Student Association of George Brown College, or its editorial staff. Dialog will not publish any material that attempts to incite violence or hatred against individuals or groups particularly based on race, national origin, ethnicity, colour, gender, sexual orientation, age or disability.



as an insecure, awkward young adult enrolled at Western, I felt so fortunate to be asked out on the odd date that I automatically said yes whenever an invitation was extended. This approach to dating was, quite simply, a recipe for disaster because I spent way too much time with the wrong men, many of whom subscribed to the "Austin Powers" philosophy on relationships and intimacy (i.e., schmoozy tactics and a singular, preeminent focus on "shagging"). Sad but true... these seedy sorts exerted undue power and influence over me because I lacked the self-respect to articulate and safeguard my own needs. At sixteen, I was learning about what mattered to me, often at the expense of good judgement. Ah, the tragedies of youth.

This journey of self-exploration and experimentation with sexual behaviors is typical for students enrolled in college or university. Most researchers agree that over three-quarters of the North American college student population is sexually active, that sexually active students average more than two partners per year, and that one-third to one-half will have six or more partners before marriage. In general, studies concur that between 75-80% of men and 60-70% of

women enrolled in college and/or university are sexually active. Obviously, this preponderance of formative sexual involvement, exploration and experimentation can involve significant personal risk to student health (emotional, psychological, and physical). These statistics, for example, highlight the potential for sexually transmitted disease (STD) infection. In fact, one-quarter of all currently registered AIDS cases are among persons aged 20-24. Given that the time interval from infection with HIV to the appearance of symptoms averages five years, this suggests that a high percentage were infected as adolescents or young adults. We—as members of the college learning community—live amongst a population at risk.

When I started my doctoral program, I decided to parlay my personal interest in sexual decision making into a research agenda. Accordingly, I started work on a large study that investigated the relationship between specific variables (gender, self-esteem, STD knowledge, perceived risk of infection with HIV/AIDS and actual risk of infection with HIV/AIDS) and the likelihood that an individual would practice safer sex. In other words, I wanted to know what impacted the decision to employ strategies for avoiding body fluid

transmission during intercourse (i.e., condoms, dental dams). My hypothesis was that although people were empowered with the information to make responsible choices, many failed to do so because they lacked the self-esteem to insist on safe sex. Turns out I was wrong: self-esteem was not a reliable determinant of safer sexual practices amongst students at The University of Guelph. In fact, the research concluded that none of the variables were reliable in predicting safer sexual practices.

These results were frightening insofar as they negatively impact our ability to design interventions that effectively promote condom and/or dental dam use. If, for example, we confirmed that a high degree of knowledge about sexually transmitted diseases was associated with safer sexual practices... we would continue investing in "Condom Man", a latex clad character who visits local college and university campuses to distribute literature on STD's and their negative impact. This doesn't work. Had we determined that an accurate risk assessment was important, we could do a better job of encouraging students to assess their individual behavior and resultant risk of infection. This, regrettably, doesn't work either. So how do we encourage members of our learning community to protect themselves from the potentially life threatening consequences of unsafe sex?

The answer to this important question eludes me. I remain,

however, committed to the idea that honest communication and a degree of self-confidence are keys to the safe-sex equation. It's really important that adults talk about the nitty-gritty details of sex with their peers and their partners (this is something our social system fails to encourage or support). Can you use sexual lingo with your partner without feeling uncomfortable? This is critically important. Do you talk about birth control and barrier method use...before you're naked? Do you know what your "sacred apples" are (i.e., what you absolutely, positively won't tolerate from a partner)? If someone compromises your apples... do you have the conviction to walk away and move on?

Like most other skills, learning to be sexually responsible takes time and practice. Depending on how you look at it... this is welcomed news. Who wouldn't subject themselves to the rigorous demands of regular sex to render themselves competent in barrier method use? Trouble is...learning about sexual decision making is a little like learning to pilot the space shuttle: the most minor oversight or error can result in nasty — even deadly — consequences. Want more information? Interested in talking about how to make better choices? Come and see me in the S.A. or visit the Counseling Unit on your campus. This is one of my favorite subjects and I'd be happy to engage in more diaLOG.

More on student loans

mNoormohamed's diatribe, which appeared in the last issue of the Dialog, was a poorly crafted response to a very serious problem. My proposal that students smile, be happy and repay only 8% of their student loans is obviously not a plausible option. Unfortunately, M. Noormohamed is unfamiliar with a genre of writing called political satire. My letter ridicules our political system which puts enormous pressure on a student to repay a \$10,000 loan; while permitting some large and very profitable corporations such as Bombardier and Pratt and Whitney to repay approximately 8% of their loans, which total in excess of 780 million dollars. This was the inspiration for my suggestion that students use the 8% Liberal Government Expected Repayment Rule. It is worth noting that our brilliant Chretien government recently paid one billion (\$1000 million) for some used submarines to patrol the Arctic (don't laugh) while cutting transfer payments for education. Not to be outdone, the government of Mike Harris has given an "American" consulting firm upwards of 180 million to reform our social system (don't laugh) while seriously reducing spending on education. The cost of gross incompetence, patronage and political corruption by our governments is being passed on to students and other Canadians.

I do commend M. Noormohamed for his sense of RESPONSIBILITY and for insisting that people repay their loans. I agree with him that dishonesty by some politicians or business leaders does not make it right. However, his suggestion that students ask their banker for Loan Forgiveness struck me as being incredibly naive. It would have been more helpful if M. Noormohamed had told students graduating with loans averaging \$25,000, where to find good paying jobs. He might recall that the unemployment rate for young people 16 to 25 years of age is 16%.

The reality is that many students, with principles as high as his own, will be unable to pay off their loans. With a 20% increase in tuition expected over the next two years, their debt load will get heavier. For some students, these loans could easily turn into fifteen year mortgages.

In many Western European countries higher education is either free or very affordable. They truly believe that having a highly educated work force is good for their economy. Besides, students in these countries would riot in the streets if they had to pay our ridiculously high fees. My challenge to M. Noormohamed is to exercise his sense of RESPONSIBILITY and organise students to protest our bankrupt system of student loans.

J. McGovern

Mom's All Wrong

this comment is in regards to the November issue of the dialog, and the article by Boni Barter entitled "Mom's Pick Up Tips". Well Ms. Barter, I have on word for you—

TRASH!

I read the introduction of the article, then I read Tip #1, then I read Tip #2, then I read Tip #3, then I decided to pick the gum off the bottom of my shoe rather than waste my time on reading about such primitive ways to pick up guys.

Boni says "...never ASK a man for anything, you demand it. Bitches win." I bet you anything Boni will be divorced within her first year of marriage...that is if she's not working on #2 right now.

Ms. Barter, not only are you demeaning to women when you say things like "Bitches win" or "...always keep one man on the hook", but you're demeaning to men. I'm sorry, maybe Boni is still in high school, or this was an essay she wrote while she was still in high school.

Tip #2 in the article says "wear clothes that make you feel like a red hot mama". A RED HOT MAMA?? That's something my father would say, and he's almost sixty. Why do you have to be so superficial, try wearing something you want to wear- you'll probably have a better time.

Not all guys are stupid—some guys

like it when you're not a bitch and don't think you're a goddess. If you want to be treated equally and with respect, don't put yourself on a higher or level than him. If that's the way you think you attract a man, well maybe you aren't ready for one. And if a man treats you like S***, why waste your time, just throw him back in the sewer. I don't need to say any more, because everything I'm saying now has already been said a million times before. Boni Barter's article seems to digress in time, with her "treat your man like dirt—he likes it" attitude.

Munir Noormohamed

Mom's All Right

I loved Boni Barter's article, Mom's Pick-up Tips. I've followed each of a "T" and would like to report that they have been tremendously successful. Thanks to Boni, I'm getting married next Thursday! Thanks for throwing such a funny light on a potentially tough situation.

Red Hot Mama

brown, GEORGE

Accountability for Excellence in Education

Evaluating KPI for fairness to GBC

by Jerome Adamo
Director of External Affairs

After reading an article in the last issue of Dialog, I found myself to be a little distressed and uneasy. The article was about Key Performance Indicators (K.P.I.), and although I approve of college accountability to students and their education, I feel a responsibility to point out some potential problems with this mechanism.

As you know, if you read the article, K.P.I. is the government's grading system for colleges. If they don't meet standard, in the future they receive a funding cut. Where this "cut funding" goes after it is taken is one question. But just as important, the quality of education would be concurrently cut as well. I'll take it step by step to outline my additional concerns about this system.

First is the collection method of the graduate employment and satisfaction

component. You, as a graduate, will be contacted 6 months after graduation. If you are unemployed (rare these days right?) the college loses points. If they can't find you (people move away, don't they?) the number of surveyed students will be decreased thus affecting the overall outcome but the college again loses points. Last, but not least, there is the possibility of students treating the survey as a joke or rushing through it just to get it over with (it happens) but the school is still responsible. Is this fair?

Second would be the employer satisfaction component. In this component you are protected since the survey consultant needs your permission to call your employer (if you have one). What if you are self employed? What if you say no? What if we all say no? there are no mechanisms in place to overcome such an obstacle but your former college will still suffer and so will the students attending at that time. Is this fair?

The Ministry of Education and Training

(M.E.T.) has ratified a recommendation of the K.P.I. steering committee to hire an external consultant to administer the telephone surveys. M.E.T. claims that the costs will not have any bearing on the individual college but nowhere does it mention the pockets of students nor does it mention the cost to taxpayers.

I wonder where this money is coming from, since Dave Johnson, the Minister of Education, repeatedly claims that there is no new money in the system. I have to wonder because although the government claims this to be a wise investment to guarantee a strong economy in the coming years, where is the proof?

Several months back I was speaking to Karen Kerr who works for the accountability branch of M.E.T. as well as a member of the K.P.I. steering committee and I asked the following question, "If a college fails on the K.P.I. then funding for their next year will be cut, correct? She answered "yes". I proceeded to ask her "Is there any component written that restricts

a penalized college to increase tuition levels to make up for lost funding?" She answered "no".

I was speaking to Tom Froese, who is the parliamentary assistant to the education minister and asked, "If funding is cut to Canadore college in North Bay and a particular program from that college had to be disposed of, how is the M.E.T. going to handle the concerns of a potential student living up north now having to move away and accumulate a debt to go to school?" His answer was unsettling; he answered that "people move away to go to school all the time, and besides if the student wants to go to school that badly he should take a different program".

Is this fair or justifiable? Or is it just a fascist master plan to control everybody's life and to increase an outdated "elitence" in this province?

As I've said before: awareness is one thing, action is another.

Where are they now?

In the eighties, while coordinating the Human Services Counselor Program at George Brown College, Professor Bill Vine developed and coordinated two certificate programmes specifically for students training for helping roles.

The initial course, Working with Adult Children and Co-dependents arose from his awareness that people working in the helping services who were being trained at the community colleges, had difficulty keeping separate their own issues from those of the people they were counselling.

The difficulties related to similar life experiences and over identification. Close to 500 students have travelled through the skill based emotional coaching program. Now titled the Current Relationship and Family of Origin Work, the certificate located near and Carlton Streets in Toronto. The Inner Sense Learning Centre extends and invitation to both the alumni of the program and to those who are interested in exploring this path to a Homecoming/ Open House on Thursday, November 26th from 4:00 until 9:00 p.m.

Student Association of George Brown College Annual General Meeting

Wednesday, December 2, 1998

2:00 p.m.

Casa Loma Campus Student Lounge

Agenda includes proposed new Bylaws

All fee-paying students are eligible to vote

It's your student association — please attend!

Call 415-2455 for more information

Men Ending Violence Against Women

by Kim Leighton

Are you a man who has ever wondered how you can help end violence against women? If so, the George Brown College Women's Centres and the Student Association invite you to take part in the White Ribbon Campaign from November 30 - December 5, 1998. The purpose of this campaign is to end men's violence against women through public awareness and education.

How you can help:

1) Sign one of the White Ribbon Campaign support posters. These can be found in the Women's Centres, Get Back Jack's, or in your campus Student Association Office. Your signature on this poster indicates your support of women who have experienced violence and your commitment to work towards preventing further violence against women.

2) Buy and wear a white ribbon. Ribbons

will be available at tables staffed by male volunteers at each campus during the week of November 30 - December 4. Wearing the white ribbon symbolizes your acknowledgement that violence against women by men cannot be stopped without the help of men. If you are interested in helping out by selling ribbons at an information table during White Ribbon Week you can contact Jerome Adamo, Student Association Director of External Affairs by calling 415-2900 x83226.

3) Attend a screening of the film "You Can't Beat a Woman" followed by a discussion of violence against women. This powerful film will be shown at St. James campus in the Student Association Quiet Lounge on Monday November 30 at 12:00 noon. It will be shown in the Nightingale Student Lounge on Tuesday December 1 at 12:00 noon and in the Casa Loma Student Lounge on Wednesday December 2 at 12:00 noon. The screenings are free and everyone is welcome.

4) Go to the White Ribbon Pub on Thursday December 3 in the St. James Student Lounge. Donations of \$2.00 or more will be gratefully accepted and will go towards the campaign.

5) Attend the December 6th Vigil to remember the 14 women who died in the Montreal Massacre in 1989, and all other women who have died or suffered as a result of male violence.

6) Stop sexist attitudes, remarks, and comments among your friends and classmates. Do not underestimate the power this simple action can have! Every sexist remark is a reminder to women that they are potential victims of violence. A woman who tells a man that his behaviour is sexist gets a completely different reaction than a man who challenges the same behaviour. Your alliance with women in preventing discrimination is badly needed and is definitely appreciated.

7) Learn to recognize abuse whether verbal, physical, and/or mental and get

help if you are being abusive to a partner. You can contact the White Ribbon Campaign to find out where you can access counselling and support by calling (416) 596-1513 or 1-800-328-2228.

If you are a woman who is experiencing abuse, you can get help too. Call the Toronto Rape Crisis Centre: Multicultural Women Against Rape at (416) 597-8808, TTY 597-1214 or the Assaulted Women's Helpline at (416) 863-0511, TTY 516-9730.

For more information about the White Ribbon Campaign and/or violence against women call or drop by one of the George Brown College Women's Centres. At St. James, the centre is located in Room 129 and the number is 415-2725. At Casa Loma, the centre is located beside the cafeteria. The Nightingale centre is located inside the Student Association office and the number is 415-2760.

brown, GEORGE

DAAlog

Survival Tips Part II

by Stephen Flett

Okay. Thought I'd continue with some more survival tips, especially since I got such positive feedback on the last column. Here we go then. The most important thing of all to remember if you're going to survive at college is.... ("RING") is.... ("RING") Damn. There's the phone. Excuse me for a moment.... Hello? Yeah, this is Steve.... Oh, hi Allan! What's up?... The diaLOG deadline's today?... Really?... Well, alright, I'll see what I can do with my column.... I'm already three weeks behind on homework, and we're only four weeks into the semester.... Yeah, well, I guess that's what happens when you have to work two jobs to supplement what OSAP jokingly refers to as Student Assistance.... Yeah, "not enough hours in the day"/"I'm going to have to cut down on television and socializing.... Oh, by the way, speaking of the diaLOG, did you get the proposed By-Laws I sent you?... Great. Well, see if you can find

room.... I'll be glad when these By-Laws are passed at the SA Annual General Meeting on December 2nd at 2 p.m. in the Casa Loma Student Lounge. As long as students show up to vote.... Must run and write that column for you. I'll see what I can come up with.... Bye, Allan. ("CLICK") Now let's see, where was I? Something about survival tips. Where are my notes? ("RUSTLE") No, not there. Maybe with my homework.... ("RUSTLE") Nope.... Dang! Can't remember what I was writing about. Oh yeah, survival tips.... Hmmmm.... Oh yeah. This issue's survival tip is LEARN TO PRIORITIZE. Do what's most important first. Don't sweat the small stuff.... and, for Pete's sakes, get organized!

Stephen Flett is the Director of Academic Affairs for the Student Association of GBC. He can be reached at: sflett@gbrownnc.on.ca
415-2900 #83221
<http://members.tripod.com/~sagbc>

Theatre School presents *The Bewitched*



George Brown College Theatre School in Cupertino with Actors Equity Showcase Theatre will present Peter Barnes *The Bewitched* at Studio Theatre at York Quay Centre November 26 to December 6.

Students Lee Patterson, Tricia Lahde, Melissa Moore, Katie Slater, Beth Horton, and Phillip Riccio join such seasoned pros as Susanna Hammett and Ken Kramer, under Todd Hammond's direction, to put on this well-loved black comedy. Phone 973-4000 for tickets.

Sakitcheway Native Student Society News

ahnee! ago! ansi! Boozhoo! Those of us here at Sakitcheway want to thank editor Allen Siokell for holding us this nice grey spot in (BAD PUN ALERT!) reserve. All of a sudden, we had quite a few people who were interested in our lone spot on the council so the following decision was made at a group meeting. Elections will be held for four more people so that the council will have seven members. Everyone at the meeting thought that might be more fair and give a better distribution of the work load. After all, the work load could become (BAD PUN ALERT!) intense. Nominations close on Monday, November 23, 1998. To be nominated, go to the lounge and get a nomination form. Elections will be held Monday.

November 30, 1998 at 6 p.m. for those of you who want to vote.

Aimee's baby is due November 19—before the next issue of DiaLog so we'll congratulate him early. We'll let you know any other further details in the next issue. The thought of a miniature Aimee running around the campus is more than we can (BAD PUN ALERT!) bear.

There was a mistake in the last article, David Wolfman did not prepare the food for the social John Ingles did. My abject apologies, John!

(BAD PUN ALERT!) So that's the news, the whole news, and nothing but the news, so help me, Nokomis

Boni

Gold Medal Winners

a student culinary team from George Brown College has won two gold medals and Junior World Champion honours at the Culinary World Cup competition in Luxembourg. Team members Dale Meek, Matthew Kershaw, Ashley Millis, and Felecia Neil under the direction of master chefs Tom Gibson, Ed Wright and Ian Grady picked up gold medals in the hot and cold kitchen categories beating out teams from Italy, Ireland, Czech Republic, Austria, Luxembourg and Slovenia.

Start salivating as the menu was pan seared Atlantic salmon accompanied by lobster and fennel sausage on a bed of root vegetables with truffle scented baby greens garnished with lobster essence, a beetroot and horseradish reduction in a tarragon flavoured oil. It was followed by Peppered loin of caribou with caramelised pear and Oka polenta cake with baby squash stuffed with wild mushroom ragout garnished with blueberry and port jus and a butternut squash and ginger coulis. To finish there was Mascarpone and maple crunch torte topped with chocolate bark and glazed apples completed with a clementine and ganache petit four.

The students and instructors laboured for more than 36 straight hours to prepare the winning entries. Testing was based on menu selection, taste, presentation, student skills, adaptability, and originality.

Food with Thought

by Aaron Hunte

hello again students! I hope you all got a chance to try my veggie recipe. YUM, YUM GOOD!! For those students in the Hospitality building I open the forum to you all to come forward with your own recipe for the Dialog. This is a great opportunity for you to display the skills you have learned over the past month.

Not to bore you with mumbo jumbo let's get down to COOKING!

Grilled Chicken

Today we will prepare grilled chicken. If you don't like chicken, you can substitute salmon fillets. Serve with roasted baby potatoes and steamed veggies.

Alternative for vegetarians

If you are vegetarian, I recommend cutting the veggies into larger pieces and grilling them instead of the chicken or salmon. Add salt, pepper, oil, and herbs to the veggies before grilling.

Ingredients

- | | |
|-----------|--|
| 2 | chicken breasts (skinless boneless), or salmon fillets |
| 1/2 lb. | baby potatoes |
| 1 lb. | carrots |
| 1/4 lb. | green beans |
| 1 | red bell pepper |
| 1 | zucchini |
| 3 | cloves garlic, minced |
| To taste | Salt and pepper |
| To taste | Fresh or dry rosemary and tarragon |
| To taste | Worcestershire sauce |
| As needed | Vegetable oil (your choice) |

I. Chicken or salmon

1. Marinate the chicken or salmon in minced garlic, salt and pepper, and Worcestershire sauce. Marinate the chicken for about 1 hour; salmon for 25 minutes.
2. While the chicken or salmon is marinating, prepare the potatoes and steamed vegetables (Parts II and III).
3. To seal in the juices, grill the chicken or salmon until there are criss cross, or 'X' marks on both sides, (1 minute on each side).
4. Finish cooking in a 350°F oven until done, approximately 25 minutes.

II. Potatoes

1. Toss the potatoes in garlic, salt and pepper, rosemary, tarragon and vegetable oil.
2. Place in a 375°F oven for 45 minutes, or until done.

III. Steamed vegetables

1. Cut the vegetables: carrots, green beans, red bell pepper, and zucchini into 1/2 inch pieces, or whatever size you prefer.
2. Steam in salted water.

A hearty meal for two.

Special thanks and congratulations to the George Brown students and staff who won the World Culinary Olympics in Luxembourg.

Health and Fitness

Acupuncture: Getting to the Point

by Sejal Parikh-Shah

We have all heard of acupuncture. The common impression is that acupuncture is a voodoo magic involving the insertion of painful needles. The reality is that acupuncture is an extremely logical and scientific approach to wellness, and really quite painless. You may be surprised to find out that many of your friends and colleagues have already experienced it.

Although over 3000 years old, the scientific merit of acupuncture is only now being recognized and growing in mainstream acceptance. Hospitals in China have traditional Chinese medicine and conventional medicine practiced side by side. This model has already been adopted by a few hospitals in British Columbia. Acupuncture treatments have proven so effective that when performed by naturopathic doctors it is covered under the provincial health plan in BC and by many third party insurance plans in Ontario and across Canada.

The most well known scientific merit of acupuncture is for pain management because it has been correlated to the release of endorphins (molecules that decrease the body's recognition of pain). For instance if you break a leg, the initial recognition of pain may be masked by your body's natural production of endorphins.

White blood cell count and activity can be increased with acupuncture. This in turn helps to kill off offending virus or bacteria. For acute conditions such as colds and sinus infections the results are often immediate.

Another merit of acupuncture is for the stimulation of hormone production as well as their proper elimination. Women with endometriosis, premenstrual tension and various other hormonal imbalances have found acupuncture very effective.

Addictions can also be successfully managed. People can stop smoking, drinking and even lose weight. Nicotine craving and the constant desire to put something in the mouth (which can lead to weight gain) can be reduced and eliminated. Acupuncture can improve digestion and help to induce satiety, which also helps with weight management.

In order for acupuncture to be effective, a person needs to be treated on all levels: physical, emotional and spiritual. Practitioners who have studied the practice, philosophy and workings of acupuncture over many years best provide this type of treatment.

Before needles are inserted, a practitioner of acupuncture carries out a physical examination to determine which organ systems need to be stimulated and/or sedated. There are over 700 acupuncture points on the human body. Points are picked after a diagnosis is reached. Points are chosen according to their function and location. They are found on the body and cleansed with alcohol before a sterile disposable needle is gently inserted.

People imagine the needles to be similar in size to sewing needles. They are in fact

about the thickness of human hair, 0.022 to 0.025 mm thick and can be inserted 0.25 to 3 cm deep depending on the point.

To illustrate the holistic approach of acupuncture let us examine a case of migraine headaches. Not only can acupuncture be used for pain management but it can also be used preventatively. If we are to use acupuncture as a preventative tool, we need to know why a person is suffering from migraines. This information is gathered from the intake, physical and detailed questionnaire.

One person may have migraines because of improper digestion and food sensitivities whereas another person may be suffering from migraines because of lifestyle and stress. These two individuals are treated very differently. Appropriate acupuncture points for the first individual may be found on the stomach, large intestine and spleen channels, whereas those for the second person may be found on the liver and gallbladder meridians. For instance a common point for headaches is 'large intestine 4' which is found on the back of the hand. This point directly influences the flow of energy, blood and nervous impulses to the head. It is also directly related to the large intestines, therefore if a headache is due to improper digestion then manipulating this point will influence the headache. Even massaging it can provide some relief.

'Liver 3' is found on the foot. It is used for headaches due to lifestyle and stress. It is directly related to the liver and helps in detoxification.

Each person experiences acupuncture differently. My most needle phobic clients are usually fine after the first needle is in and they realize the pain is negligible. People who have had acupuncture done for the first time usually say the needles feels like a small mosquito bite.

With the growing acceptance of acupuncture by individuals, government and insurance companies, you are sure to experience it in your lifetime. Be sure to choose a highly trained professional, as currently there are no regulations controlling this practice in Ontario. Naturopathic doctors are regulated in Ontario and have extensive training in acupuncture.

Health and Wellness Month

The Student Association of George Brown College and the Athletics Department are sponsoring workshops and lectures about health and wellness during the month of November. These are the remaining events:

Tuesday November 24
12 Noon to 1 p.m.
Shopping for a Healthy Lifestyle:
Nutrition Workshop
St. James, Quiet Lounge

Wed, November 25
10:00 a.m. to 1:00 p.m.
Shiatsu massage
St. James, Quiet Lounge

Thursday, November 26
Department of Public Health
Nightingale Cafeteria
Friday, November 27
11:30 a.m. to 12:30 p.m.
Healthy Heart: Naturopathic Workshop
St. James, Quiet Lounge

Monday, November 30
12 Noon to 2 p.m.
Women's Fitness and Strength Training
St. James, Fitness Centre, sixth floor

Beer Drinker's Exercises

by Allan Stokell

fitness. Everyone is doing it. Sweat, running shoes, T-shirts and shorts, and discover the benefits of feeling fit, sports facilities, health clubs, spas, and are already involved in some physical pursuit. Maybe you are still at the activity you've had recently was opening another bottle of beer, physical fitness this special diaLOG feature could change your life.

Warning: Anyone with a heart condition, or high blood pressure should not perform under medical supervision. Of course, some people may not be aware that they have themselves. If you are in doubt, consult your doctor. Perform the exercises slowly and Be patient and enjoy feeling fitter as your body is able to do more.

STOMACH PUMP

Take a deep breath and exhale it all. Bend over and pump the stomach in and out ten times. Then take a deep breath in, exhale and relax. This exercises not only the abdominal muscle, but stimulates the digestion, activates the stomach and strengthens the stomach walls. It is like strengthening your muscles from the inside out.

Start: Five sets of ten.

Work up to: Ten set of ten.



BICYCLING

This can be done slowly or quickly. If you do it slowly, hold for several counts as you touch your elbows to the opposite knee. It is good for firming up the abdomen. If it is done quickly, it acts more like a release. Hold the stomach in and exhale to one side from the other.

Start: Twelve repetitions.

Work up to: Thirty repetitions



There's No Su

by Roxanne Chin-Choy

In this day and age it is impossible to make an enlightened decision about intimacy and sex. The only way to be absolutely sure you are not contracting a sexually transmitted disease, for example HIV, or becoming pregnant is to practice abstinence. Society, however, many males and females are deciding to start having sex at a young age (twelve or thirteen), it is impossible to know about safer sex.

You should talk to your doctor, gynaecologist before making decisions about birth control. It is important to know about possible side effects and precautions with certain methods of contraception. You do not feel comfortable talking to your family physician, there are two public clinics to consider: the Hassle Free Clinic (which provides confidential HIV testing) and the Bay Centre for Birth Control (affiliated with the Women's Centre).

— part of well being

ard dress of the nineties. As young and old
goods stores are booming. It is likely that you
y-about-it stage. Even if the most energetic
all within your reach. Whatever your condition,

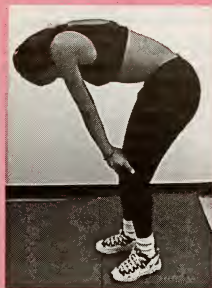
vascular exercise. At least not unless they are
conditions and may be in danger if they exert
dually building your strength and endurance.

STRIDE STRETCH

This exercise is wonderful for the waist.
Exhale as you stretch to the side and
inhale as you come back up again. Do this
from side to side. Feel the depth of your
stretch and make sure that you are not
straining. Do this one slowly to trim down
the waist and tone up the abdomen.

Start: Fifteen to each side.

Work up to: Thirty to each side.



Thing As Safe Sex

Hospital).

If you are involved in a monogamous
relationship, and you and your partner either
have been tested for sexually transmitted
diseases, or have had no previous sexual
experiences, using birth control pills or a
diaphragm with a spermicide jelly may be
your choice.

If you do have multiple partners, however,
or are sexually active on a regular basis, the
condom, for both women and men, is a
practical choice for safer sex.

The female condom has been described in
a Health Canada report as "a loose fitting
polyurethane vaginal sheath with two
flexible polyurethane rings."). The female
condom protects female external sexual
organs from "direct contact" with the penis.
Although it is "under review" in the United
States, studies in Europe provide evidence
that the female condom is more dependable
than the male condom; when comparing
slippage and leakage.

The "male" condom is the second choice

for protecting you and your partner from
sexually transmitted diseases and
pregnancy. Ignorance, however, about how
to properly put a condom on an erect penis
and take the condom off after sexual
intercourse reduces its effectiveness. Using
a condom with a spermicide gel or foam is
an extra safety precaution. These are the
kinds of topics that you can discuss with
your family doctor or at a public health
clinic before making any decisions' about
protection.

If you engage in oral sex, you may want to
consider the dental dam. The dental dam
serves a similar purpose as the male and
female condom. It helps to prevent contact
Some people think that Saran Wrap is a
substitute for a dental dam, but it is not.

Finally, sexual intercourse is not the only
way to give and receive pleasure. Massage,
petting, masturbation, and kissing are other
options. Make an informed decision to
consider your partner's as well as your own
health and welfare.

COLD AND FLU PREVENTION

by Sejal Parikh-Shah

Prevent the common cold and flu
this winter, especially if you
plan on spending a lot of time in
the great outdoors.

1) Dress in layers. When you get too
warm, peel off layers and when too cold,
put on more layers. If you start perspiring,
keep an extra T-shirt handy. You don't want
to have a wet shirt beside the skin, in cold
weather.

2) Warm up before with stretches and
light cardiovascular work before taking on
anything strenuous.

3) Eat a well balanced diet which includes
vegetable both green and orange/yellow,
grain, legumes and fruits. And of course
make sure you are well hydrated especially
if you are working out.

4) If you are exposed to a lot of people
who have a cold, take extra vitamin C with
bioflavonoids. If you feel that you may be
coming down with a cold, immediately
start taking vitamin C with bioflavonoids to
build tolerance for a few days.

5) Echinacea and garlic and onion are
some good herbs to help boost the immune
system. Other immune increasing herbs are
goldenseal, sage and licorice, just to name
a few. If you are surrounded by people with
a cold, taking either one or two herbs daily
will help keep you healthy this winter.

Rotating these herbs every 2-3 weeks will
help your immune system even more.

6) Make sure you get enough sleep. If you
are burning the candle at both ends, you're
just asking to get sick. Your immune
system can't function optimally if you
don't let your body relax.

7) Another method of increasing your
immune system is by hydrotherapy. If you
have no heart disease or nerve damage then
an alternating hot/cold shower may be what
you need to increase the blood flow,
increase the immune system and increase
the lymphatic flow.

8) Cut out the cigarettes, refined
carbohydrates, pop and dairy products
Cigarettes, pop and refined carbohydrates
can decrease the immune system by more
than 50%. In those individuals who are
dairy sensitive, milk products can cause
and overproduction of mucous and also
decrease immune function.

9) A positive attitude is very beneficial. If
you are depressed or are not able to express
your emotions, and keep them bottled up
inside, then this is also affecting your
ability to stay healthy this winter.

10) Remember to exercise this winter. Get
out there and do some cardiovascular
exercise, like skating, skiing, or
snowboarding. Just remember to be safe
and heal.

Editors note

As with every issue of Dialog, every effort is made to include everyone in the content.
We always invite members and representatives of diverse groups to participate and join
us in the Dialog Collective.

It is not always possible for students who have made commitments to submit articles
before the deadlines. This is especially the case in this issue. I believe all students of
every of every national origin, ethnicity, colour, gender or sexual orientation should have
equal participation in this forum.

It is our desire to be able to include those voices that have not been heard in our next
issue.

Allan Stokell,
Editor-in-Chief,
Dialog.

Sex with Sue

by Gord Workman

Sue Johanson is used to college
students asking her about sex. The
sex lady has been handing out free
advice about sex for three decades.

She is best known for her
syndicated radio shows and books.
November 18th, she was at George Brown
College to answer students sex questions.
Although some people seemed shocked by
her candid answers, an informal exit poll
revealed that the message has got through.
Most students knew that birth control pills
do not protect you from sexually transmitted
diseases (STDs) and that it is possible to get
STDs from oral sex, and now we all know
that there is no safe sex, but using a new
condom every time for every sex act
decreases the risk.

Sue's top 10 condom tips

1. Use a new condom before each sex act.
2. Use only latex condoms. (Lambskin
provides no protection from STDs or
pregnancy) For maximum protection,
the female partner should insert one

- aplicator full of contraceptive foam
into her vagina before intercourse.
3. Open the package carefully. Never bite it
or use scissors.
4. Put on a condom when the penis is erect,
but before sexual penetrations.
5. Hold the condom by the tip and untroll it
so it covers the entire erect penis.
6. If the condom doesn't have a "reservoir
end", squeeze tip of condom to
remove/expel air.
7. If the penis is uncircumcised, pull the
foreskin back before putting on the
condom.
8. After ejaculation, hold the condom close
to the base of the penis and carefully
withdraw.
9. Immediately throw away used condoms
(into the garbage, not the toilet) and
wash your hands.
10. If you feel a condom break while having
intercourse, stop and withdraw
immediately. Wash your hands. The
female partner should immediately
urinate and then insert one applicator
full of spermicidal foam into her vagina
(Nonoxonyl 9 or delphin).

Marketing Team Places Third in Province



Jerry Grymyk and Diana Summers from the GBC Marketing Team

by Diana Summers

entering as underdogs, the third year marketing team excelled to win a bronze overall at the Ontario Colleges Marketing Competition held on November 12-13, 1998 in Durham.

Fourteen Colleges across southern Ontario competed for the top three positions by analyzing a case study and presenting their findings to a panel of industry judges. All of this was done in only one hour!

The team started off the event with a Gold in the Quiz Bowl thanks to Jason C.T. Poirier. Friday started bright and early with Jason and Sam Lee presenting the Marketing Case at 8:00a.m. They received the bronze for their efforts!

Jerry Grymek and Jason won the bronze for the great ideas they had for the Entrepreneurship Case Study. As well as Diana Summers and Jason won the Gold for their efforts on a terrific plan for the Direct Marketing Case.

While this dynamic team of four competed in the Case Study Competition, our other team competed for the Gold in The Business Strategy Game. Dave McCracken, Gihan Ramaniganthan and Sean O'Connor, spent the entire day stressed over industry decisions to come out on top with the Gold!

The team of seven third year marketing students would like to thank the tremendous support provided by faculty member Marianne Marando. She provided the team excellent team spirit all day long! The team would also like to thank Pearl Hazen, Chair for the Business Department for the chance to try.

Mention should also be made to the following people for their efforts, Mike Maynard, Elwood Charlton, and Suzanne Kavanagh.

George Brown College is looking forward to being the host of the 1999 Ontario Marketing Competition.

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Pick Up Tips

DATING ADVICE FOR GUYS

Mom's

by Boni Barter

Okay, you guys were well behaved and patient last time so I guess we can work on getting you guys some dates for Friday nights. I had a bit of a problem with this. For one, I'm not a guy. Secondly, I found there was a serious difference in the way women my age perceived guys and the way that the younger crowd saw them. Given that, this is my best shot. Let me know how you make out...

Dressing For Dating Success

Men seem to dress for other men, not for women. Women are the opposite. Remember this. If you want to get dates ask your sister how you look—not your father. Consider that your mom will love your little butt regardless of what you put over it, so her opinion probably lacks relevance.

We all agreed that men wearing dead animals are sexy. This means leather. Leather or suede shoes, jackets, vests etc. The one turn-off were leather pants since they make you look as if you are either a Jim Morrison clone or the Marquis de Sade, neither of whom your average 90's woman would have on her list of top 10 men to date.

Do not wear mustard yellow. It is the same colour as baby poop. Hardly an inspiring choice for a night when you are hoping to find someone of the opposite sex who would be willing to mambo horizontally. Women young and old, all agreed that men should never wear socks with sandals: EVER. Not only did we all agree that we would never date someone

who did that, we all agreed we would divorce anyone who did. This shows very strong sentiment on the part of all women that will guarantee you spend the rest of your life with unfulfilled desires should you decide to indulge in this particular fashion gaff.

Many of us were fond of the "diamond in the rough" characteristics. Feminism aside, many of us are attracted to guys who LOOK like Crocodile Dundee but underneath it act like Alan Alda. Keep this in mind. If you look like Alan Alda and act like Crocodile Dundee you may be spending a great deal of your free time developing an intimate relationship with a girl who flies out the window when you bite her on the neck.

Where To Meet Women

Some man with the I.Q. of a radish suggested in a dating book that a good place to pick up women was in a grocery store. This is a false assumption for several reasons. Firstly, when a woman enters a grocery store her pulse drops to the rate of 5 heartbeats per minute; promptly thereafter, her brain stops functioning. Her primary interest at that time is remembering to purchase what she forgot to write on her shopping list. This means that if you approach her, she is likely say something incredibly rude about the circumstances of your birth, simply because she's distracted. Secondly, women are not prepared to attract men in grocery stores. Usually, we wear our oldest, scruffiest clothes and try to get in and out of there with the same dispatch as a skunk-chasing whippet. Any woman with her hair raggedly stuck in an elastic band, sporting dirty tennis shoes and ripped jeans rushing through a crowded store (sometimes with a screaming brat) is unlikely to be pondering romance at that precise moment.

Singles bars are another big no-no. Everybody and their dog has seen "Looking For Mr. Goodbar". Consequently, she will have rampant paranoia about your status as a potential slasher. If she does agree to go with you, chances are her intoxication level is high enough that a serious case could be made about whether anything she says can be considered "consent" in a court of law. Unless you are planning to have a threesome with a criminal lawyer, I would ruminate on other options.

There are as many places to pick up women as your imagination will allow you. However, I suggest you do it in the daylight hours. For some reason, sunlight gives you the appearance of being less dangerous. Even Ted Bundy knew this. I, personally, have been picked up at bus stops, coffee bars (great places), assorted musical events and at friends' houses. Once I was even picked up by two different guys outside the O.P.P. station

while waiting for the my Private Investigator's license to be disbursed.

Art openings and theatre events are always good choices, depending upon your cultural preferences.

I would suggest Tai Chi and Yoga classes for those of you who are rather shy. There's a large percentage of women there and it won't make you look overly silly. You will appear to have a perceptive, spiritual nature. Aerobics classes are out. After all, doing gut stretches isn't going to impress her; but hey, if you can lick your eyebrows during a yoga class you have not only proved your flexibility but it is likely when the word gets around you will not be dateless for eternity.

Props & Accessories

The following are sure-fire conversation openers, according to my friend Joel. Since he's used all of them and appears to have more than the average share of dates, he was kind enough to pass his suggestions along:

1. Guitar cases. We all know musicians get the most dates. Don't ask me why—I played in bands for years and all it got me was calloused fingers, a damaged spine and hauled into bankruptcy court but—go figure—Joel swears it works.

2. A kid. A guy wandering around with a stroller or a toddler in his arms looks like the sensitive sort. Rent one if you must. Joel did mention that unless you are into a lifetime financial and emotional commitment with smaller versions of yourself, going out and making one may not be in your own best interest. Keep in mind though, women make ga-ga faces at small children and will actually talk to you in passing.

3. A cute dog. I, for one, have been known to carry on hour-long conversations with a virtual stranger because I'm scratching his fuzzy mutt behind the ears. Dog-owning men look caring (as long as they don't own a rottweiler), responsible (just remember the baggies!) and disciplined (only if the dog is not leaping for someone's throat like a homicidal maniac).

One friend also said that almost all the people he met through a dating service did NOT smoke. This tells you something about which people do NOT need dating services.

Always carry a lighter whether you smoke or not. If she asks you for a light, you may find yourself with interesting Fridays for some time to come, pardon the pun. 40% of women DO smoke whether the Surgeon General approves or not. Smoking areas are prime conversational areas if you don't mind dating a smoker. Seriously, given the option, would you rather have a smoker on your balcony and later in your bed, or continue to spend Friday nights watching re-runs of "Bowling For Dollars"?

Getting The Date

I prefer men who ask me out for coffee first—unless I ask THEM first, which I've been known to do. That way, we can have a conversation and I can decide whether it is worth pursuing or whether I would have a more enjoyable date with a wall hanging.

(On an aside, French men are the world's best flirts. It's the National sport of both France and Quebec. They practicing flirting like other men eat their 'Wheaties'—every day, regardless of whether it's doing them any discernable good or not. The only reason Canadian men were second on the International Lovers List was due to the impact of the French and Metis. If you aren't good at flirtation, find a Frenchman and PAY for lessons if you have to—sigh...)

How To Know When She's Thinking About The Wild Thing

Since that's the place I know you filthy -minded perverts are trying to get to, I will give you my hints on how to know she's getting ready. I STRONGLY SUGGEST, HOWEVER, that you let HER make the first move. This keeps you OUT of trouble and bodes well for your future horizontal proclivities due to the increase in her trust level.

SHE'S WORKING HERSELF UP TO THE MOMENT OF MADNESS:

If she starts looking thinner when she dates you, there's hope. This means she is either wearing clothes to impress you or starving herself for 3 days before she dates you. Either way, it's a good sign she's REALLY interested.

If she starts telling you all her bodily flaws such as fat thighs, small breasts, etc. She's doing it because she doesn't want you to be disappointed at the moment of truth when you are both buck naked. No man, and in fact, no woman I talked to, could come up with a single response to this dilemma so I suggest either keeping your mouth shut or gazing deeply into her eyes and saying something about her warm, intensive gaze and how much you appreciate it.

If she starts mentioning sex semi-frequently in the conversation when alone with you when she doesn't usually talk about it in mixed company, you are moving along at a brusque pace. Respond carefully—it may mean the difference in the midnight hour between sleeping with a hot-blooded woman or your stuffed BumbleBee.

Well, that's about the best I can do for you guys. If you're at all interested further, I suppose I could pass along my tips for what women like in bed so you can get to the SECOND night-time bop. However, you guys will have to let the Editor know or else I wanna carry on to some other topics!

Fall Album Guide

by George Vajna, Entertainment Editor

cheapDATE

Chrismas is only a month away, so here are some recent CD titles that you may (or may not) want to purchase. Also, do not forget about the CDs we are giving away every issue.

ALANIS MORISSETTE— SUSPOSED FORMER INFATUATION JUNKIE

Alanis should have put her song "Thank U" at the end of the album with lyrics "thank u for listening to 17 tracks! But after selling 16 million copies (28 million worldwide) of Jagged Little Pill, she has to think big. Unfortunately, Alanis confuses quantity with quality and has too many bad songs like "Would Not Come." Still, this album is better than her debut. "That I Could Be You" is a nice ballad, and "One" is also good. "Are You Still Mad" is essentially a rewrite of "Uninvited," but it still ranks among the better tracks on the album. The main fault with the CD is the familiar sounding production (heavy with the drum machine) by Glen Ballard. (I would have thought with the success of JLP, Alanis could have afforded to hire a real drummer!) Her nude video is supposed to symbolize that she's emotionally naked, but we all know it is a publicity stunt to gain interest for the album. Hey Alanis! How 'bout them transparent dangling carrots? **GRADE: B-**

BRIAN MAY—ANOTHER WORLD

WARNING: This is a horrible album. Brian May is one of the world's most talented guitarists, and once you hear his multitracked guitar, you immediately know you are listening to a Queen song. He uses much of that familiar guitar on the album, but without Queen, he has no one help him choose good material. "On My Way Up" has a fun feel, but has no memorable melody. "Why Don't We Try" tries to be a good ballad, but ends up being sappy. The cover of "All The Way From Memphis" (the Mott The Hoople hit done in a terrible live version) is the best track on the album, and that is not saying much (it's the only song that actually has a melody). The D- is only out of respect, otherwise this is an F. **GRADE: D-**

DEPECHE MODE—THE SINGLES 86-98

It would have been nice to have more album tracks, other than singles included in this collection. If they would have excluded 3 or 4 songs, they could have fit it all on a single disk. (Alas, a double disk is more expensive than a single one.) Depeche Mode, although having extremely popular singles, have never really been a singles band. Thankfully, the wonderful "Little 15" (a single only in France) has been included here. The one new song, "Only When I Lose Myself" is good, but nothing special. Other than the new song, there are very few duds here, and this is essential (although expensive) to those who don't have any of the albums. **GRADE: A-**

U2—THE BEST OF 1980-1990 & B-SIDES

New fans to the group will want to pick up this compilation, as it shows the ever changing stages of the group. "New

Years Day" and "Sunday Bloody Sunday" expose their rawer years, while the Brian Eno and Daniel Lanois years add layer and texture to their material. The B-sides will only appeal to hardcore fans. (A single disk without the B-sides is also available.) They will be able to hear and tell which period each song was recorded and what album they were recorded with or for. The better B-sides include the original take of "Sweetest Thing" and a great cover of "Everlasting Love." But songs like the terrible cover of "Unchained Melody" prove that there is a reason why most of these songs became B-sides. **GRADE: A-**

BIZZY BONE—HEAVEN'Z MOVIE

What the heck is this guy saying? Even with the lyric sheet in hand, (which thankfully is included) I still can't seem to follow him. There is no need for the Parental Advisory label on the CD, since you can't understand a word he's singing (or rapping). This can be terribly annoying to non Bone Thugs N Harmony fans, but he does have some decent material that saves him. "Thugz Cry" is a good first single. "Menesty Mobbin'" and "Waiting For Warfare" are not bad either. "Marchin' On Washington" uses Back to good advantage, but ends too quickly. On "Social Studies" he goes on to say that "I ain't no Marilyn Manson, I'm a RAPPER." If you say so, Mr Bone. **GRADE: C+**

VARIOUS ARTISTS—FOR THE MASSSES

None of the artists on the collection improve upon the original material. Actually, many of the songs are boring. One of the worst being the Cure's cover of "World In My Eyes." Even Andy Fletcher has gone to say that he dislikes the Cure's version. Rammstein's "Stripped" is (unintentionally) hilarious. A couple of the tracks are good. The Smashing Pumpkins do an okay job with "Never Let Me Down," and Veruca Salt's "Somebody" is nice. Locust's lounge version of "Master and Servant" is the best track. **GRADE: C+**

SHAWN MULLINS—SOUL'S CORE

Originally Mullins released this album on his own indie record label. After radio stations started playing "Lullaby," Columbia repackaged the CD and added the song "Shimmer." They shouldn't have bothered. This is essentially boring folk/country rock, aided by a killer single. Most of the songs on the CD are slow and depressing, and the album only comes alive on "September In Seattle," where Mullins actually lets himself rock out. **GRADE: C-**

JOHN LENNON— WONSAPONATIME

Following in the footsteps of the Beatles Anthology series, John Lennon's record company Capital has released a four CD box set of unreleased material. I would have preferred more unreleased material than alternate versions on this single disk compilation of the box set. The harder version of "I'm Losing You" (with Cheap Trick) is

great and the original "Real Love" (which appeared on Anthology Two) is interesting. Most of the tracks are pretty faithful to the originals, although it is fun to listen to the differences. If songs are left unreleased, there is usually a reason for it. **GRADE: C+**



**MAESTRO—BUILT
TO LAST**
You have to give this rapper from Toronto credit; at least he's sampling Canadian. The sample of "These Eyes" in the chorus of "Stick To Your Vision" has absolutely nothing to do with what he's rapping about, but who cares, at least the song sounds good. Unfortunately, the rest of the album is typical rap fare with Maestro rapping about how fame comes and goes. (Mostly his fame, and he sure is bitter about it.) And he makes sure to tell us, on various occasions, that he lived at Don Mills and Eglinton. **GRADE: C-**

JOE PESCI—VINCENT LAGUARDA SINGS JUST FOR YOU

What a clever concept: release an album to a popular movie that was made over 6 years ago, after everyone has forgotten about it. Whoever came up with this dumb idea for an album, fogs the mind. I hate to admit it though, but some of this stuff actually made me laugh. Some of this stuff is funny on first listen, but it does get boring and repetitive on repeated listening. "If It Doesn't Snow For Christmas" "Vulgarity makes it amusing. Marisa Tomei (Pesci's costar in the film) guests on "I Can't Give You Anything But Love." The song has its humorous moments, but the bickering between the two is extremely irritating. The three versions of "Yo Viny" (the other two versions are in Italian and Spanish) is overkill. **GRADE: C**

CAKE—PROLONGING THE MAGIC

Cake's third album is not as good as Fashion Nugget, but it is not bad. Founding member and guitarist Greg Brown (who wrote their hit song "The Distance") is gone and left almost all the song writing to lead singer John McCrea. The current single "Never There" (with a similar vibe as "The Distance") and "You Turn The Screws" are great. "Let Me Go," "Guitar," and "Walk on By" are also highlights. Cake is one of the few bands that can put the trumpet in every song and make it sound good, adding to the icing on the CAKE. **GRADE: B-**

EELS—ELECTRIO SHOCK BLUES

Eels is essentially one man band E (yep, that's his name). E's first two solo albums, and the first Eel's album revealed how pop friendly E's song writing is. Electro Shock Blues is not as catchy and is rather dismal (E's mother was diagnosed with cancer prior to this recording). Still, "Last Stop, This Town" is great, and "Baby Genius" is cute. "Cancer For The Cure" and "My Descent Into Madness" are also good, but depressing. Let's hope Eels next album is more upbeat and hopeful. **GRADE: C**

TOM COCHRANE—XRAY SIERRA

Surprisingly enough, this is a fairly solid effort from the mighty Canadian. Ragged Ass Road was a largely mediocre album, so it is surprising to see him put out such a satisfying album. "I Wonder," "Heartbreak Girl," and "Windy In The Night Fall" are extremely catchy pop. If people make this album a hit, I predict that Cochrane will rob the Junos. **GRADE: B**

P J HARVEY—IS THIS DESIRE?

P J Harvey has mellowed. Her new album is fairly minimal, although she does flirt with trip-hop and electronica. The emphasis here is more on mood than melody. That is the albums major flaw, since it makes it difficult to get into the album. Harvey's interesting voice floats over the material, making even the worst tracks somewhat interesting. The first single "A Perfect Day, Elise" is great, and clocking in at under three minutes, a little too short (keeping it short means they'll keep coming back for more). **GRADE: C+**

OASIS—THE MASTERPLAN

Hardcore fans of the group will already have most of these songs, as they have appeared on other collections, and are relatively easy to find. To the regular Joe, this album is pretty good. Most of the songs are sung by Noel, and that's fine. "Talk Tonight" is a great acoustic love song. "Half The World Away" is another great epic song. "Gone Nowhere" is the newest song here, and could have made the mediocre Be Here Now better. The rest of the songs are not as good, but many of Oasis' B-sides are better than many other bands A-sides! **GRADE: B-**

THE OFFSPRING—AMERICANA

"Pretty Fly (For A White Guy)" is oh so dumb, and it will probably be the novelty hit of the season. (The hidden track reprise is also pretty good) "The Kids are Alright" and the Middle Eastern "Pay The Man" are also highlights. "Why Don't You Get A Job" ties the melodies off from "Rhythm Of The Rain" and Ob-La-Di, Ob-La-Da and the cover of "Feelings" with its altered lyrics is pretty pointless. The rest of the songs sound so much like each other that it becomes very difficult to distinguish between them. **GRADE: C+**

SEAL—HUMAN BEING

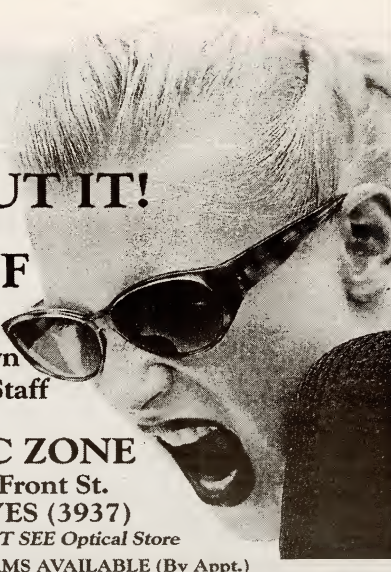
Seal's first album is still his crowning moment. Where as the first album focused more on upbeat numbers like "Crazy," "Killer," and "Future Love Paradise," the second album is strictly adult contemporary, with ballads taking the forefront. And the ballads are the best tracks on the album. "Lost My Faith," "State Of Grace," and "When A Man Is Wrong" are all very good. Trevor Horn, (who is said to be a perfectionist who can work for months on one track) adds pretty routine production this time around. This album is perfect background music for doing your homework. **GRADE: C+**

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